ABSTRACT OF THE DISCLOSURE

A method for recording and reproducing a data into and from an optical recording medium, includes the steps of: reading blocks having a predetermined size of byte unit arranged in a pre-set number of rows and columns in an optical recording medium in a zigzag direction and rearranging the read blocks; recording the rearranged data in the optical recording medium; reading the data recorded in the optical recording medium; and reproducing the read data. An apparatus for recording and reproducing a data into and from an optical recording medium using a zigzag scan, includes: a data processor processing a user data to generate a data recordable in an optical recording medium, and processing a data read from the optical recording medium to generate an original user data; a rearranging unit rearranging the data outputted from the data processor to generate a rearranged data, or processing the rearranged data to generate a data before being rearranged; and a recording unit recording the data outputted form the rearranging unit in the optical recording medium and outputting the data recorded in the optical recording medium to output it to the rearranging unit. The data of the physical sector is scanned zigzag, an accordingly generated data is rearranged, and the rearranged data is recorded in the optical recording medium, so that the recorded data can be reproduced without an error regardless of the errors generated in the same direction as the track direction of the optical recording medium.